FLAMES TRIUMPH OVER DALLAS STARS, PG10

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Celebrity Buzz

Sarah working on positive energy
pg 22

Police seek assistance in finding man

MISSING Police are looking for a missing 32-year-old man who was last seen in the Whitehorn area on Monday.

Kevin Paswisty

Police say Kevin Paswisty functions at a level well below his age and may seem disoriented or confused.

The missing man is known to use Calgary Transit to travel to coffee stores and convenience stores.

Paswisty is Caucasian with a medium build, six-foot-four, brown hair and blue eyes. He also wears glasses. Anyone with information is asked to call police at 403-266-1234.

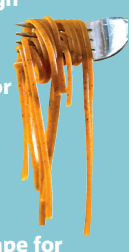
METRO CALGARY

Entertainment pg20

Richardson dies after accident

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.



Food
- **Local meals for a steal, pg 13**

Tomorrow
- **How the recession is changing the musical landscape for fans, music publications, and even television.**

Fashion **Lady in red**

KEITH BEATY/TORSTAR NEWS SERVICE

A model presents a dress from Vancouver-based designer Cheri Milaney's fall/winter 2009 collection yesterday as part of Toronto Fashion Week. **Coverage, pgs 14-15.**

Man dead after attempted arrest

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A covert police operation turned deadly at a southwest carwash early yesterday morning.

Undercover members of the High Enforcement Auto Theft Team (HEATT) were attempting to arrest a car thief suspect as he pulled into the 24-hour Western Pride Car Wash on 37th Avenue and Richmond Road SW around 3:15 a.m. yesterday.

According to Calgary Police Association president John Dooks, instead of surrendering, the man used his car as a weapon to continuously ram into the police officers when they boxed him into one of the bays.

"In my opinion the officer could not have allowed this person to escape, he would have endangered other drivers and the public," Dooks said. "He showed a disregard for safety."

ROBIN KUNISKI/FOR METRO CALGARY

Calgary police cordoned off the area around Western Pride Car Wash yesterday due to an ongoing investigation into a shooting.

The man was rushed to hospital in critical condition after allegedly being shot by one of the officers, but died hours later as the crime scene was still under investigation. A passenger in the stolen vehicle was unarmed and arrested without incident.

Remnants of the chaos were left behind as police blocked off the car wash for investigation, with at least five cars still smashed into one another and through the bay doors.

Nearby apartment resident Woytec Dziuba was still awake watching TV when he heard some yelling and at least two or three gunshots.

"I ran out there and I was totally blown away when I seen the police were already there in less than 30 seconds," he said. "It was like a set-up or something."

Dooks said the officer who fired the shots was one of his former partners, a veteran with at least 18 years of experience.

The Alberta Serious Incident Response team is taking over the investigation, as is protocol for any officer-involved shooting.

ShareYourViews
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Stelmach suspends bonuses— but not till next year

ECONOMY Highly paid senior civil servants will not be sharing in multimillion-dollar bonuses because of the recession, but they will still share $40 million in bonus cash for work they did this year, Premier Ed Stelmach announced yesterday.

Stelmach said his Tory government will suspend the bonuses next year — bonuses that were handed out since 1999 to keep bureaucrat wages in line with other positions across the province.

The government may also seek concessions from unions that represent thousands of workers in the province to deal with the recession, said Stelmach.

Video: The premier defends the $40-million payout: **metronews.ca/local**

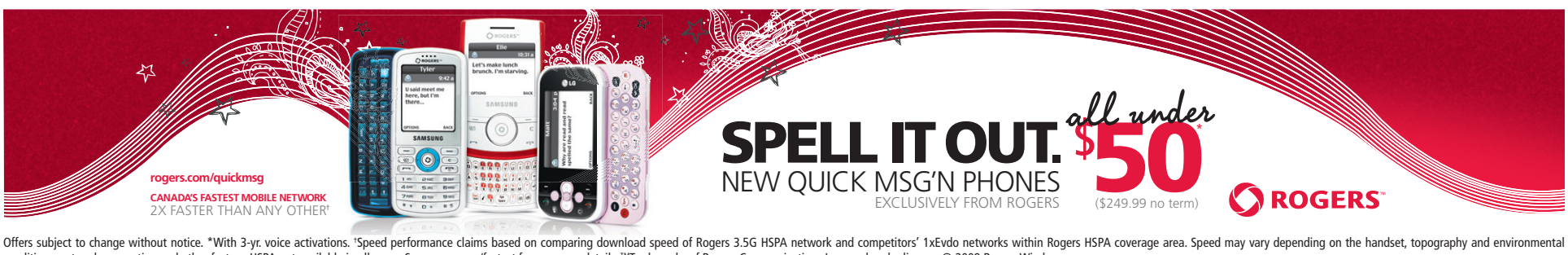
"We'll monitor the revenue stream very carefully," said Stelmach. "But we may be coming and asking both out-of-scope and in-scope (workers), and even members of the legislative assembly, to contribute equally to balancing the budget."

Roughly 6,100 people qualify for the performance bonuses this year that earns an average worker around $5,300, said Stelmach.

NDP Leader Brian Mason says the bonuses are a slap in the face to thousands of workers who have lost their jobs since January.

"That money belongs to Albertans," said Mason.

JEFF CUMMINGS/METRO CANADA



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Man charged in relation to house firebombing
Police have charged Armando Baccari, 30, of Calgary with several offences in connection with a southeast house firebombing incident last week in Dover. Police are still looking for a second suspect in the incident. METRO CALGARY

Local

A taste of Quebec

Can't make a snack run to Quebec? A little taste of the eastern province is coming to Calgary this Saturday at the annual maple sugar festival, where you can sample a French-Canadian treat of maple taffy on snow. The event takes place at l'École de la Rose Sauvage. METRO CALGARY

Charges laid after police standoff

THREATS City cops have charged a man in connection with a domestic incident Tuesday night that resulted in a standoff in the city's southeast.

Around 5 p.m., police were called to a home in Ogden to reports of two women being threatened with a gun. After a 2½-hour standoff with police, the man was arrested. Gordon Knutson, 76, faces uttering-threats, assault and firearms charges.

METRO CALGARY

metronews.ca
What's online today.

Read Religious community's campaign against transit ads at **metronews.ca/canada**

Watch Harper defends market optimism at **metronews.ca/canada**

Lotteries
Lotto 6/49: 11 27 29 33 34 & 44 Bonus 36
These results are not official.

69 ideas for Deerfoot safety

JENNIFER HILLIKER
for Metro Calgary

Calgarian Susan Owens avoids Deerfoot Trail like the plague.

She had an accident after losing control on Calgary's busiest road 20 years ago, and she's not the only one.

A $7-million safety report that was discussed at the city transportation committee meeting yesterday makes 69 recommendations on how to reduce collisions on Deerfoot Trail, most of which involve slowing drivers down.

The report will be passed on to city council for consideration in early April.

"Let's say I never even had that accident — I would still avoid the Deerfoot as much as possible," Owens said. "It's too curvy and the speed is too fast."

Owens agreed with some of the recommendations made to improve safety on Deerfoot, including increased speed signage, especially at identified curves, increased photo radar and removal or mitigation of roadside hazards.

Ald. Andre Chabot, whose notice of motion prompted the report, said some of those suggestions will be nixed because it's hard to determine what the impacts of the ring road will be by 2015.

"Currently, Deerfoot is over capacity during peak hours," he said.

"The rest of the time it functions perfectly well. The accidents that occur within the city's boundaries are generally low-speed fender benders, that kind of thing. We should be getting police to patrol the outskirts, because that's where we have accidents where speeds are excessive."

METRO CALGARY FILE PHOTO

A safety review of Deerfoot Trail presented to city council came up with 69 recommendations to improve safety.

Cops not guilty of assault on homeless man

RULING A judge ruled yesterday that two Calgary police officers' use of force on a homeless man was justified and not excessive.

Constables Dino Izzo and Roland Stewart were found not guilty after being accused of kicking and punching William McCormack in November 2007 when they found him in the stairwell of a downtown police station. Both denied the assaults.

But this kind of thing happens to the homeless all the time, according to Louise Gallagher of the Calgary Drop-in Centre.

"I think in every case there is a stigma around the homeless," she said.

"Our clients tell us that their ID is often checked by police, where in normal circumstances they would just be left alone. The stereotypes are felt by not just police but other Calgarians, who treat them as lesser humans."

JENNIFER HILLIKER/
FOR METRO CALGARY

Auditor general denied additional funding
Alberta's auditor general was denied an additional $2 million in funding at the Alberta legislature yesterday. If the funding were approved, the auditor general's budget would have become $25 million. METRO CALGARY

Helping those who helped

Former YMCA camp kid returns as a camp leader

JENNIFER HILLIKER
for Metro Calgary

Alistair Gandar could be compared to the movie character of Benjamin Button: born an old man and died a young boy.

Like Button, Gandar dealt with adult problems as a child and is now dealing with child issues as an adult, helping kids in low-income families gain self-confidence.

He grew up in a single-parent home, spending summers at YMCA Camp Chief Hector thanks to a subsidy program that helped pay the fees.

"There were a lot of problems in my family," he said.

"Camp was one of the first places where I actually felt like I was a kid again. The adult problems I had to face were non-existent there."

Now at the age of 24, Gandar spends afternoons working with nine- to 12-year-olds at a subsidized YMCA after-school program.

ROBIN KUNISKI FOR METRO CALGARY

Alistair Gandar, a former YMCA-sponsored camper, is now giving his time back to youth at a subsidized YMCA after-school program.

"The children I work with gain self-confidence and self-esteem. They learn that they're worth it."
Alistair Gandar

"The children I work with gain self-confidence and self-esteem. They learn that they're worth it. They become stronger people when they leave these programs and are less likely to make poor choices."

Gander said he never would have become the man he is today if it weren't for the YMCA.

"One of my brothers describes camp as an initiation into manhood," Gandar said.

"We got to do things we never would have done otherwise. It was such a chance to learn and grow up. When I work with the kids in my program, I hope I'm making the same difference to them."

News in brief

BUS ADS In response to atheist "There is No God" ads on Calgary Transit buses, a pro-God bus campaign will start on Monday. Running for four weeks the ads are intended to give a voice to those of different faiths and create a dialogue, God Exists campaigners said in a release.

COUNTERFEIT Police studies students at Mount Royal will learn how to spot fakes this Saturday. They will take part in an anti-counterfeiting workshop given by representatives from the RCMP and the Bank of Canada and get hands-on experience detecting counterfeit currency. METRO CALGARY

Veteran MP hitting back in riding flap

KRISTA SYLVESTER
krista.sylvester@metronews.ca

POLITICS Calgary-West veteran Conservative MP Rob Anders is speaking out against allegations he is trying to shut down open nominations in his local riding.

Our Calgary West spokesperson Donna Kennedy-Glans said on Tuesday Anders' party called a last-minute Annual General Meeting (AGM) in an effort to prevent her from seeking the Conservative nomination.

"I wish I had control of the nomination process as she alleges," Anders responded. "But I don't. It's that way across the country."

Furthermore, Anders said Kennedy-Glans' actions are those of "a frustrated Liberal."

Kennedy-Glans said she isn't surprised by Anders' comments but she isn't interested in getting involved in a "smear" campaign.

"He doesn't get to decide what is Conservative, he has a narrow definition of the term," she said.

14-year-old in hospital after morning accident

JENNIFER HILLIKER
for Metro Calgary

ACCIDENT An early morning frenzy of police, fire trucks and an ambulance erupted in the typically quiet northeast neighbourhood of Abbeydale yesterday when a 14-year-old boy was hit by a vehicle near a bus stop.

Calgary paramedics transported the boy to the Alberta Children's Hospital in serious condition with head and abdominal injuries.

"There was so much commotion," said Blanche Brink, a Block Watch member who lives a few feet away from where the accident occurred.

"I was in my bedroom and woke up to sirens around 8 a.m.," she said of the early morning noise.

"I instinctively knew something had happened. I walked outside and traffic was stopped by police on both ends of the street."

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Workers take control of auto plant
In the latest twist in a saga that has been brewing since two auto plants in Windsor, Ont., shut down early last week, about a dozen workers occupied one of the plants last night. CBC NEWS ONLINE

Canada

PM vows no GST hikes

Prime Minister Stephen Harper yesterday warned Canadians could end up paying more taxes under a different government, suggesting his opponents might reverse his rollbacks on the GST.

Harper deflected recent criticism of his government's economic policies by former Bank of Canada governor David Dodge, who predicted a long recession but said Ottawa could help reverse the deficit by, for example, raising the GST by a percentage point once the economy begins to recover.

"We all know we have difficult circumstances."
Stephen Harper

"That's just wrong," Harper told a Toronto press conference. He added the GST cuts — which lowered the GST from seven to five per cent in two steps — were an important boost to the economy. He cited the cuts as the key reason Canada was "one of the last major economies to go into recession."

Said Harper: "Let me assure you, while our opponents may favour raising the GST back up, this government will not do that."

Harper also lashed out at opposition parties for doing nothing more than criticize.

"Of course, we've had no alternative suggestions from anyone on any other course of action to take," he said.

"I think the opposition simply attacking the Canadian economy adds nothing. I mean, we all know we have difficult circumstances."

TORSTAR NEWS SERVICE

St. John's **Chopper memorial**

GREG LOCKE/REUTERS

More than 1,000 people attended a memorial service yesterday at the Basilica of St. John the Baptist in St. John's, N.L., for the 17 victims of a March 12 helicopter crash off the coast of Newfoundland. The chopper was carrying workers to offshore oil platforms.

Baird may visit Ethiopia to help jailed Canadian

TERROR TRIAL Federal Transport Minister John Baird, who has a large Somali population in his Ottawa West-Nepean riding, is considering going to Ethiopia on behalf of Canadian Bashir Makhtal, who is being held in jail in Addis Ababa.

But his decision hinges on what happens during a court appearance today.

"I'll wait to see what happens."
Transport Minister John Baird

Makhtal, a Canadian citizen who lived in Toronto for close to a decade, was rendered to Ethiopia in January 2007 and has been held in prison for two years.

The Ethiopian government alleges that Makhtal is a member of a terrorist organization, an allegation that Makhtal has denied.

"I'll wait to see what happens," Baird told the Toronto Star. TORSTAR NEWS SERVICE

News in brief

BUS CRASH A Montreal man was killed in a bus crash in northeast Argentina and two other Quebecers were injured. The crash, which occurred Tuesday morning, killed three people and injured 13. No details were available about the nationalities of the other casualties.

ECONOMY The Saskatchewan government has tabled a surplus budget with tax cuts and money for roads, hospitals and schools. METRO NEWS SERVICES

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Venezuela	2.9 ¢	Mexico	2.9 ¢

South Asia

INDIA	PAKISTAN
6.9 ¢/min	5.9 ¢/min

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U.S. signs on for gay rights

The U.S., in a reversal of Bush administration policy, will sign on to a UN declaration that calls for the decriminalization of homosexuality, the State Department said. REUTERS

World

Russia bans seal hunting

Russia said yesterday it had banned the hunting of baby seals, weeks after Prime Minister Vladimir Putin called it a "bloody industry." Seals inhabit Russia's White Sea region in the Arctic. As in Canada and Norway, hunters target the fluffy baby seals — also known as "whitecoats" for their highly valued snow-white fur — in early spring and club thousands to death. REUTERS

Dodd admits to inclusion of bonus

BAILOUT U.S. Senate Banking committee Chairman Christopher Dodd told CNN yesterday that he added language to the federal stimulus bill to make sure contracts for bonuses at companies receiving federal bailout money stayed in place.

On Tuesday, Dodd denied that he had anything to do with adding the language, which has been used by officials at AIG to justify paying millions of dollars in bonuses to executives.

The head of AIG said yesterday he was trying desperately to prevent the company from collapsing when he allowed the payment of $165 million US in bonuses that have stoked outrage stretching from the White House to Main Street.

AIG has drawn intense fire from the public, politicians and U.S. President Barack Obama for accepting government aid and then handing out fat bonuses — including bonuses of $1 million or more paid out to 73 people.

Many voters view the financial rescues as free handouts to wealthy executives who made bad decisions, and the big bonuses have fueled that anger.

METRO NEWS SERVICES

Battle rages in Sri Lanka

More than 640 rescued, thousands still trapped

Sri Lanka's navy rescued more than 640 people who fled the island's war zone in a clutch of small boats as Tamil Tiger rebels opened fire, the military said yesterday, but tens of thousands remained trapped.

The military has the Liberation Tigers of Tamil Eelam (LTTE) cornered in 28 sq. km of the Indian Ocean island's northeast, and is battling to deal a final blow to their 25-year separatist rebellion.

At least 18 more rebels were killed in the latest clashes in the shrinking war zone, a military official said yesterday.

The UN children's agency UNICEF said hundreds of children were among the 2,800 civilians who have been killed in fighting already, and warned that many more were still at risk. The government calls the figures unsubstantiated.

The United Nations said last week the Tigers were forcibly holding thousands of people inside the war zone and making them fight or build defences.

The LTTE says people are staying out of choice. Nearly 44,000 have fled so far this year, almost 5,000 of them since Saturday.

Yesterday, 643 people in 35 small boats escaped a no-fire zone after navy sailors chased away LTTE boats that were firing on them, military spokesman Brigadier Udaya Nanayakkara said.

REUTERS

Tigers listed

- The Tigers are on U.S., EU, Canadian and Indian terrorist lists largely because of their extensive use of suicide attacks during a civil war that erupted in 1983 as a fight for a separate state for Sri Lanka's Tamil minority.

Madagascar **New leader**

SIPHIWE SIBEKO/REUTERS

Madagascar's new president, Andry Rajoelina, greets his supporters at Antananarivo city centre yesterday after ousting Marc Ravalomanana. A deal for South Korea's Daewoo Logistics to lease over 1 million hectares of Madagascar to grow food crops is off, the island's new leader said.

Austrian enters guilty plea

INCEST TRIAL Josef Fritzl reversed his plea and admitted guilt on all charges yesterday after watching the daughter he locked up and raped for 24 years describe her ordeal in 11 hours of video testimony.

The 73-year-old Austrian, who fathered seven children with daughter Elisabeth in a purpose-built cellar under his house, admitted enslaving her and murdering one of their babies by neglecting to seek medical treatment for the infant.

He is likely to face the rest of his life behind bars.

"I plead guilty to (all) the charges in the indictment," he told Judge Andrea Humer, speaking clearly and deliberately.

REUTERS

Vatican defends condom stance

RELIGION The Vatican yesterday defended Pope Benedict's XVI opposition to the use of condoms to stop the spread of AIDS as scientists and politicians criticized it as unrealistic and dangerous.

Benedict, arriving in Africa, said on Tuesday that condoms "increase the problem" of AIDS. The comment, made to reporters, caused a worldwide firestorm of criticism.

REUTERS

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Comment & Views

Comment

Love on layaway a poor investment

Relating

Steve Collins

metronews.ca/collins

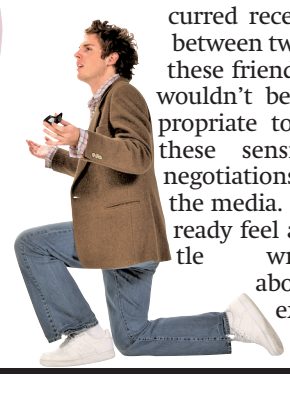
I've always been leery of the contingency proposal, that semi-joking suggestion made, perhaps to a friend or an ex or someone else fondly regarded but deemed unfit for current consumption, "Hey, if we both turn 40 and neither of us is married, we should hook up."

Something always struck me as somewhat insulting about this arrangement, which is generally floated when 40 seems a long way off. In that distant future, the reasoning goes, the fear of dying alone might overcome the just-friends failure of chemistry, the countervailing fear of tanking a friendship or whatever else is keeping the so-called couple from coupling right now.

If it's not a left-handed compliment, it's certainly an ambidextrous one. The equivalent of saying we have so much in common that you just might just be the one for me, but you come second to everyone else in the world I haven't met yet. So I'll keep your resumé on file. If nobody good shows up, you're in!

As a rule, any wrinkle of relationship behaviour that actually appeared in an episode of Friends (as I believe this did) should be viewed with great suspicion as a stunt to be tried at home. Is not marrying really so unthinkable?

But a few friends of mine have said this to one another, however frivolously, and eventually 40 beckons from less impossibly far away.



Discussions occurred recently between two of these friends. It wouldn't be appropriate to air these sensitive negotiations in the media. (I already feel a little wrong about exploiting them for a column, but a deadline's a deadline.) Let's call them, for the sake of our continued friendship, uh, "him" and "her."

Both are successful and attractive, not obviously deformed in character or dragging any disproportionate load of disappointments. This is no nostalgic Facebook booty call from a half-remembered high school acquaintance. They just can't seem to dismiss the idea of each other as the one that maybe got away.

They've remained uncommonly close over the years, and commiserated as things didn't work out with other people. Did the constant presence of such a close, and oppositely sexed, friend play a role in all that not working out with the others? It's possible.

The irony in a relationship so much thought about and never consummated is that as years go by, it can seem a bigger and bigger deal. What was supposed to be a nice safe backup plan now seems emotionally perilous itself.

It's always going to take a leap, no matter how long you perch at the edge.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Women should seize the power of choice

InStep

Christine Williams

International Women's Day fuelled countless followup discussion forums about women's liberation.

A couple of them grabbed my attention: the Vatican singling out the washing machine as the greatest liberator, and given this year's IWD anti-violence theme, the disclosure that Rihanna reunited with Chris Brown after an alleged beating. She was called a poor role model. Women face a myriad of choices and it's a great travesty when we fail to appreciate the power of choice.

The choices North American women have today came at great toil and we have reason to celebrate the history of our sisterhood.

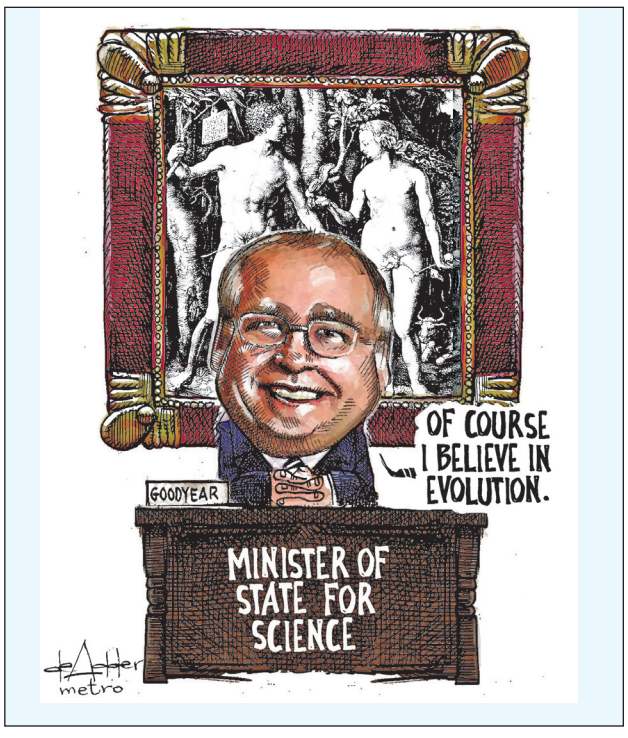
The first organizers for women's rights started by working perilously with black women who had escaped slavery and wanted to learn how to read and write. Yet it was a momentous display of unity for the rights of all women.

We've come a long way baby, because now we can choose. Recently, I was horrified when an older lady called our talk show — On the Line — to say that she stayed with an abusive husband for decades because one church leader told her to. We delude and denigrate ourselves by allowing others to define our self worth, including celebrities like Rihanna.

Young women's role models were meant to be those of their own household. If it's a dysfunctional one, the cycle must end somewhere. There is help for those willing to reach out from beneath the veneers of pain and pretexts in a genuine search for wholeness.

No physical invention, including the washing machine — or even law — can free someone from the shackles of the mind. Such advancements however provide opportunity that we should never take for granted: the opportunity of choice.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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AIG weighing sale of Manhattan headquarters
A spokesman for American International Group Inc. says the company is considering the sale of its downtown Manhattan headquarters "to maximize operating efficiency." REUTERS

Business

OIL $48.14 US $1.02

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC budget approved

Layoffs and asset sales still a possibility amid struggles

Asset sales and layoffs are still on the table at the CBC after the public broadcaster's board of directors approved its budget for the next 12 months, a CBC spokesman said yesterday.

Spokesman Marco Dube wouldn't comment further, but added that the broadcaster plans to make a more detailed announcement to its employees before the end of the month.

The CBC, like other media companies, has struggled with a sharp drop in advertising revenue as the recession forces marketers to slash spending.

To cope with the weak ad market, the CBC is looking at a wide swath of options, from selling radio and television assets to adding more American TV programming to its schedule and consolidating local stations.

Airing ads on the CBC's radio services is not being considered, Dube said.

Layoffs are expected to be part of any cost-cutting plan at the CBC. REUTERS

Numbers

- The CBC receives more than $1 billion in government funding a year. Aside from this, the CBC generates about $600 million a year from commercial activities, including $340 million from advertising.

Madoff accountant charged

WALL STREET An accountant for confessed swindler Bernard Madoff's firm was charged with fraud yesterday after authorities said he pretended to audit the company that cheated thousands in Wall Street's biggest investment scheme.

David Friehling

The accountant, David Friehling, 49, who ran a small storefront firm in a New York suburb, is the first person besides Madoff to be arrested on criminal charges in the fraud.

The U.S. Securities and Exchange Commission filed civil charges against Friehling, saying in its complaint that Friehling and his firm "did not perform anything remotely resembling an audit" of Madoff's money-management firm or try to confirm that stocks that Madoff had purportedly bought for customers even existed.

Friehling faces a maximum of 105 years in prison on the criminal charges, including securities fraud, aiding and abetting investment adviser fraud, and false audit reports. REUTERS

Business in brief

TECH IBM is in talks to buy Sun Microsystems Inc., sources with knowledge of the matter said, a move that could bolster the technology giant against rivals in the high-end computer server and software markets. IBM is offering to pay over $6.5 billion US, between $10 and $11 a share, the Wall Street Journal reported in its online edition. REUTERS

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Cubs to honour Jenkins, Maddux

The Chicago Cubs will honour Ferguson Jenkins and Greg Maddux by retiring the No. 31 jersey worn by the two pitchers, the Major League Baseball club announced. Both Jenkins and Maddux claimed Cy Young honours for the Cubs. **REUTERS**

Sports

Heart surgery for Astro

Aaron Boone of the Houston Astros will soon have heart surgery that could end his career, the veteran infielder said yesterday. "I have been diagnosed as having a heart condition involving the aorta and aortic valve," Boone told reporters at the Astros' spring training complex in Kissimmee, Fla.

REUTERS

EDITOR: JOHN.CHICK@METRONEWS.CA

Vancouver awarded MLS team

SOCCER Vancouver won the nod yesterday to join Major League Soccer, a move officials said demonstrates that the league can continue to grow in North America despite the economic crisis.

The Whitecaps, the reigning first division champion of the United Soccer Leagues, will become the MLS's 17th team in 2011, and a league official said the league could announce an 18th team as soon as the end of the week.

Vancouver will pay $35 million US to join the league, down from the $40 million the league had reportedly been asking for.

Miami and Atlanta were bidding to join the MLS, but pulled out over ownership and stadium issues. That leaves Ottawa, St Louis and Portland, Ore., still in the running to land a team.

REUTERS

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Hustle pays off

NHL RESULT

Stars 1 Flames 2

STARS VS FLAMES

LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Dustin Boyd hustled to keep the puck in at the Dallas blue-line to set up Eric Nystrom for the game-winning goal at 11:46 of the third period.

THE QUOTE : "I was racing for the puck and I saw him coming off the bench and I just one-handed it to him," Boyd said of his pass to Nystrom. "I was happy that it got through and he made a sick shot right through the legs."

THE THIRD STAR: Boyd finished the game with two assists as the Flames moved five points ahead of the idle Vancouver Canucks for top spot in the Northwest Division. The Canucks have one game in hand on the Flames.

THE MILESTONE MOMENTS: Miikka Kiprusoff was named the game's first star after stopping 18 of 19 shots he faced to record his 200th career win. Calgary defenceman Jim Vandermeer played in his 300th NHL game.

THE CLOSE CALL: Warren Peters celebrated like he scored his second-career NHL goal in the first period. After a short video review, officials deemed that the puck didn't clearly cross the goal line behind Dallas netminder Marty Turco.

TODD KOROL/REUTERS

Calgary Flames forward Jamie Lundmark celebrates after scoring in the second period against the Dallas Stars last night.

THE SET-UP MAN: With a nice saucer pass, Daymond Langkow assisted on Jamie Lundmark's second-period goal to give him 599 career points in his 12-year NHL career.

THE NEXT GAME: The Flames will continue their three-game homestand tomorrow night (7 p.m., Rogers Sportsnet, Fan 960) when they host the St. Louis Blues.

CFL, MLS in better spot than bigger leagues

RECESSION As major professional sports leagues across the world feel the chilling effects of the economic recession, two leagues have barely even shivered.

The Canadian Football League and Major League Soccer, considered among the low-rent outfits on the pro-sports horizon, have emerged as possibly the best-equipped in North America to weather the economic downturn.

Major League Baseball teams are cutting ticket prices. The National Football League has reduced staff and its teams confront the possibility of many unsold seats. Both the NHL and NBA are looking at salary-cap reductions because of reduced revenues.

But at the MLS and CFL it's as close to business as usual as can be expected in these times.

What both leagues have going for them above all are affordable ticket prices.

"Families still want to get out and have a good experience, but the decision on a $500 or $600 season ticket is a lot different than a $10,000, $20,000, $30,000 season ticket," said CFL commissioner Mark Cohon.

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Spring BBQ tips

Give you grill a good spring cleaning with a brass wire brush, dish soap, spatula, stainless steel cleaner and some fine sandpaper; inspect all hoses; do a complete leak test of the grill and check all ignition parts. METRO NEWS SERVICES

Living through the muck

HomeScape

Spring is on its way. But before we get there, we'll need to contend with mud, rain and wet snow. And that means we'll need to expend energy and time trying to keep mud out of our homes.

But no discussion dealing with mud is complete until you consider those who revel in mud, those who would wallow in it given the first opportunity. Hogs? Maybe, but hogs generally stay outside of houses. No, I was thinking of your average kid.

Kids love mud. They'll carry it into your house not only on their boots, but on their hands, on their butts or knees if they happen to fall into the slush, on their elbows, or in their hair, and on their faces. There is an astounding variety of mud games — paint yourself with mud, get stuck in the mud, make mud pies, build mud damns, slide down fast-melting muddy ice piles. I remember playing with some gusto some of those games myself.

But unfortunately, as an adult, it also brings something much less pleasant: Cleaning chores. At this time of year, the jumble of muddy boots by the door, sitting in a puddle of melting dirty slush, is a depressingly common sight. And then there are the coats, mud-smeared and haphazardly slung over the post at the bottom of the stairs. And wait, what is that pile lying in the slush? The coats that have fallen off the post, naturally. And those muddy footprints leading from the slush pile to other parts of the house?

It's enough to put me in a dark mood, to say the least!

To keep your sanity, remember that the muddy season is temporary. But while it's here, here are some hints to make your life easier:

- First of all, remember to place mats both inside and outside the door of the main entry, and consider a boot scraper if you live near a major mud zone, such as near construction, or messy road repairs;
- Keep a broom near the entry door to periodically clear away the dirt that may otherwise get tracked into the house;
- If you have an older home without much closet space, keep the front entrance area tidy and uncluttered. If you've only got a little space, a closed wardrobe can work wonderfully, as can a series of attractive storage boxes. Or, consider building a small closet area near the front door but hidden from view. I've seen a very successful coat and boot storage built under the stairs to the second story, or on the landing of the stairs going to the basement;
- If you've got too many coats and jackets to fit into the front entrance area, consider splitting the clothing and boots and storing some at the front and some at a side or back door area. For example, good coats and boots can be kept at the front of the house in a wardrobe, while everyday or children's clothing can be kept on hooks and shelves at the side or back door;

Another idea

- Include a bench in your mud room or entry area. That way, boots and shoes can be comfortably removed and taken to their storage area. Consider combining a bench with a storage area, perhaps as a series of closed boxes with upholstered tops. –SYLVIA PUTZ

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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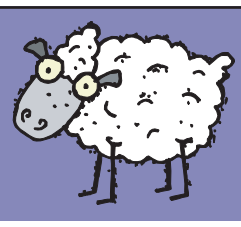

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Tune in tonight

A new documentary series airing on CBC Television, The Great Food Revolution: A Citizen's Guide to Eating in the 21st Century, takes viewers on a gastronomic journey and explores how we have transformed the way we eat, drink and think about food. The four-part series beings tonight at 8 p.m. METRO NEWS SERVICES

Food

For healthy baking, add dried fruit, such as dates, figs, dried cranberries, apricots, and raisins to increase the fibre content.

BARB HOLLAND/FOR METRO CANADA

Sweet

At the same time, use these fruits' natural sweetness to replace some of the sugar in a recipe.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Spring flings

Break out the fancy stemware; tomorrow is the first day of spring so, at least according to the calendar, we can officially raise a glass to the end of winter.

In whites, the juice from the viognier and torrontés grapes make for great late March drinking as does Old World riesling. The **2005 Lingenfelder Estate Bird Label Riesling ($16.98 - $18.99)** is a well-rounded sipper from Germany's Pfalz region. Distinctively off-dry, it has a universal appeal.

Turning to reds, those from France's Beaujolais and Italy's Valpolicella regions are ideal for laidback contemplation. A great alternative are wines made with the grenache grape — especially in a blend à la Down Under. The **2007 Rosemount Estates Diamond Cellars Grenache Shiraz ($12.95 - $15.96)** is a relaxing Aussie with a flowing trail of cranberry fruit that makes you wish it was warm enough to lounge out on your back deck.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Muffins with less stuffin'

À la carte

Barb Holland

metronews.ca/alacarte

Healthy baking is possible. Here is one of my favourite muffin recipes, along with some tips to increase fibre, reduce fat and calories. Not to mention, enjoy fresh home-baked flavour and freshness.

Orange Date Muffins

These are loaded with fibre and they taste good too. Look for soft-pitted dates in the produce section rather than the firm pressed dates in the baking aisle. Makes 12 muffins.

INGREDIENTS:

- 1-1/2 cups (375 ml) whole-wheat flour
- 2 tbsp (30 ml) brown sugar
- 1-1/2 tsp (7 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/4 tsp (1 ml) salt
- 1 orange, with peel, cut into pieces (remove seeds)
- 1 cup (250 ml) pitted dates
- 3/4 cup (175 ml) buttermilk
- 1/4 cup (60 ml) canola oil
- 1 egg

METHOD:

Preheat oven to 400°F (200°C). Line a muffin pan with non-stick baking cups or spray with nonstick spray.

In medium bowl, combine flour, brown sugar, baking powder, soda and salt.

Alter muffin recipes to make them lower fat, higher fibre.

Toss orange, dates, buttermilk, oil and egg in blender and process until oranges and dates are well chopped (you want some texture). Stir into dry mixture just until blended.

Scoop or spoon batter into muffins cups. Bake 18 to 20 minutes or until toothpick inserted in centre comes out clean. Cool pan on wire rack 5 minutes. Remove muffins from pan to cool completely.

Healthy Baking Tips:

- Increase the fibre and nutritional content by using whole wheat flour, which contains bran. To make it whole grain, use either stone ground whole wheat or try adding 2 tbsp (30 ml) wheat germ to each 1 cup (250 ml) of regular whole wheat flour.
- Use heart-healthy canola oil which has the least amount of saturated fat and a very mild flavour. Canola oil can be used in muffins, cakes and cookies. In a muffin recipe, reduce the amount of oil in your recipe to ¼ cup (60 ml) and use low fat ingredients such as applesauce, mashed banana, juice, yogurt, buttermilk (1%), low fat or skim milk to replace the remaining oil and liquid.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Season for sipping
Looks like the hint of spring around the corner is making people thirsty: Winetaster's Secrets: A Step-By Step Guide to the Joy of Winetasting by Andrew Sharp topped the bestselling cook books on Amazon.ca last week. METRO NEWS SERVICES

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Total time: 60 minutes
Low $: Breakfast on a Bun, $8
High $: Eggs Benedict with real Crab Cakes, $15
Lunch menu: Same Menu daily
Licensed: Yes

French Toast, $13.25.

The Belmont Diner is a simple kind of place where the menu is posted on the wall and never changes, you can only pay with cash, and you sit at the bar on swiveling chairs to eat breakfast.

My friend Mary and I brave the busy Belmont on a Sunday — and after twenty minutes go by and we're still outside in the line, we're thinking, "This better be worth the effort." Once seated, Mary and I both decide on the French Toast ($13.25).

The French Toast was neither flavourful nor was it cooked enough, and the hash browns were almost totally cold. Even the bacon fell short of our "crispy" expectations.

Overall, the meal was a bit of a disappointment. However, I will not judge the Belmont on this meal alone, because I have had many meals there that have been delightful. They once even made me a delicious bunny shaped pancake on my birthday. Too bad we caught them on an off day!

Riding the Recession

Meals for a steal

Pho Huong Viet Noodle House
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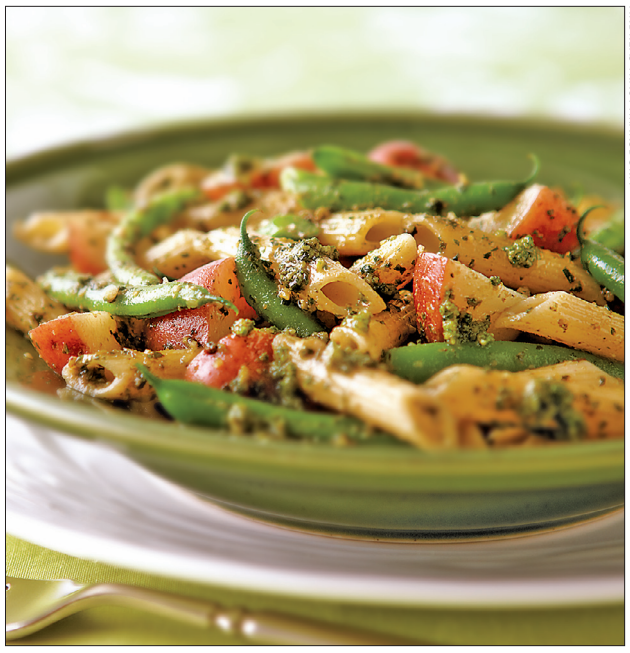
403-686-3799

With a unique plastic decor that doesn't match the food, this cute restaurant is not only good value but has efficient service too. Pick-up meals can be ready in 10 minutes or diners can stay and enjoy the atmosphere. Prices range from $6 to $16.

Canadian Living recipe of the month

Pasta with Green Beans, Potatoes and Pesto



ANDREAS TRAUTTMANSDORFF

For more great recipes, visit metronews.ca.

INGREDIENTS:
- 8 oz (250 g) green beans, halved crosswise
- 10 oz (300 g) penne rigate pasta
- 10 oz (300 g) mini red-skinned potatoes, scrubbed and quartered

Pesto:
- 1/4 cup (50 ml) toasted pine nuts
- 1/4 cup (50 ml) shredded Parmesan cheese
- 2 cloves garlic, chopped
- 1 cup (250 ml) packed fresh basil leaves
- 1/4 cup (50 ml) extra-virgin olive oil
- 1/4 tsp (1 ml) salt
Pinch pepper

METHOD:
In large pot of boiling salted water, cook green beans until tender-crisp, about 4 minutes. With slotted spoon, transfer to bowl.

In same pot of boiling water, cook pasta until al dente, about 10 minutes. Drain and return to pot, reserving 1/2 cup (125 ml) of the cooking liquid.

Meanwhile, in separate saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain well.

Pesto: Meanwhile, in food processor, pulse together pine nuts, Parmesan cheese and garlic until smooth. Add basil, oil, salt and pepper; pulse until smooth. Add to pasta.

Add green beans, potatoes and reserved cooking liquid; stir to coat.

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Dolce & Gabbana make-up

Italian designer duo Dolce & Gabbana, among Milan's top fashion names, are branching out from dresses to lipsticks, launching a make-up line they say they have been dreaming of for years. **REUTERS**

Style

Jacobs leads CFDA noms

June 15 could end up being a big night for Marc Jacobs judging by the number of Council of Fashion Designers of America awards he's up for that night. He's up against Narciso Rodriguez and Rodarte's Kate and Laura Mulleavy for the Women's wear Designer of the Year prize in addition to his nomination for Accessory Designer of the Year. He'll also be honored with the International Award for his track record at Louis Vuitton.

KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Guys still call the shots in fashion

Why do most of Canada's top designers pee standing up? The answer is obvious — because they're men.

It was hard not to notice at a Holt Renfrew event this week designed specifically to showcase the best in Canadian fashion design that, apart from the models, there wasn't a woman among them.

The retailer's vaunted group of six included Montrealer Denis Gagnon, rising star Jeremy Laing, workaholic Mikhael Kale, menswear dynamo Philip Sparks and the creative duo behind Greta Constantine — Kirk Pickersgill and Stephen Wong.

The event was meant to kick off Toronto Fashion Week, where, incidentally, just a third of designers showing are women. Even Holts' boys club is bewildered by the dearth of female talent.

"We were just saying, 'Oh my God, we're all boys!'" Kale notes. "It's like the band of brothers, you know."

Kale, who says he works on three and a half hours of sleep a night, notes he has few responsibilities outside of his sewing studio, which is where he lives. He's not married and does not own a pet.

"No spouse, no kids, no time!" he says. "Have you seen the garments? The detail is insane!"

So what do these successful, youngish men possess that their female counterparts lack?

"A lot of my female contemporaries who are designing clothes, they're sort of their own muse. It becomes a bit more centralized around who they are as opposed to a larger audience."
Designer David Dixon

"Not to be mean, but, we want more," says Pickersgill, a fan of 18-hour days. "That group of us, we all thrive outside of Toronto. We want to be with the big boys."

Veteran David Dixon, who's designed a collection of women's clothing inspired by Barbie for the Bay, offers another theory.

"The approach is different, I think, between male and female designers," he says. "A lot of my female contemporaries who are designing clothes, they're sort of their own muse. It becomes a bit more centralized around who they are as opposed to a larger audience."

For an industry so stereotypically feminine, it seems surprisingly sexist.

Designer Judy Cornish, who created the successful label Comrags 25 years ago with Joyce Gunhouse, has her suspicions.

"Is there a bias in the business community about who can go the distance?" Cornish wonders. "If you're going to back someone, are you going to back someone who's going to have children, bow out and quit?"

So does it really come down to maternal clocks and who functions best when sleep-deprived?

Jeremy Laing, who designs for princesses in Saudi Arabia, professionals in Hong Kong and girls in Dallas, doesn't think so. He has a spouse and a pet.

"I try to think of a lot of different kinds of women in a lot of different kinds of places to make sure that I'm not sacrificing accessibility for a kind of gay runway fantasy," he says.

TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE

Clockwise from top left: designers Kirk Pickersgill, Mikhael Kale, Stephen Wong, Philip Sparks, Jeremy Laing and Denis Gagnon.

Modelling for heart health
Models in this year's Toronto Heart Truth fashion show included Natalie Brown, Sass Jordan, Arisa Cox, Amy Sky and Kreesha Turner. METRO

The biggest fashion trends of fall '09

KENYA HUNT
Metro World News

1 THIGH HIGH BOOTS
These were everywhere, adding a bit of sex (always a big seller) to fall: Louis Vuitton, Stella McCartney, Roberto Cavalli, Chloe, Prada, Rodarte, Gucci, and the list goes on and on.

2 FUR
Not sure how PETA let this happen, but animal skin will be all the rage for autumn. It came in electric colors at Thakoon and Dolce & Gabbana, and in oversized proportions at Burberry and Matthew Williamson, just to name a few examples.

3 THE POWER SUIT
As more women think about job interviews in the face of layoffs or returning to work after a life of leisure, designers from Donna Karan to Alber Elbaz aimed to provide them with the wardrobe items they'll need.

FlareFashion

Lisa Tant
Read the blog at metronews.ca/flarefashion

Laureen Harper at this week's Toronto Fashion Week.

Bottoms up to fashion

Mrs. Harper gets mooned by model at Heart Truth show

The tiny butch cop from Corner Gas mooned the prime minister's wife earlier this week in a historic moment for Canadians.

"I'm so excited!" Laureen Harper exclaimed. "It's my first (Toronto) fashion show."

Wearing a Sunny Choi pantsuit and bright red lipstick, Harper joined hundreds of other stylish guests at LG Fashion Week for theHeart Truth Fashion Show, sponsored by the Heart & Stroke Foundation of Canada and the Canadian fashion industry.

The event which featured 20 celebrity "models" wearing red dresses by Canada's top designers.

But it was the actress Tara Spencer-Nairn who may have made the biggest impression of the night.

Skipping down the runway in a flirty, peasant-style frock by Damzels in this Dress, Spencer-Nairn struck a pose that left little to the imagination.

Her decision to wear racy black bloomers with her garter-belt stockings was last minute.

"I said, 'I'm gonna bring the bloomers just in case I fall because I don't want to, you know, scare anybody with a bare bottom,'" Spencer-Nairn explained during a private reception after the show.

The decision to moon the audience came on a dare from her fellow models, including the comedian Jessica Holmes, former Olympic figure skater Elizabeth Manley, radio personality Marilyn Denis and the actress Sitara Hewitt of Little Mosque on the Prairie, who came a close second for sexiest performance of the night as she shimmied down the catwalk in a blazing minidress by Lucian Matis with a back slit that stopped just shy of her derriere.

"Everyone started egging me on," she says. "It became almost a `Will she or won't she do it?' And in those situations, I generally do it."

Did Spencer-Nairn know Harper would be in the front row?

You bet she did. Spencer-Nairn shook her hand before the lights went down.

"Awww, come on! It doesn't matter who's in the audience," she says. "I'm still going to have fun. It was for such a great, great cause.

"Prime minister's wife or no prime minister's wife, you're gonna see my booty."

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICEPHOTOS

Actress Tara Spencer-Nairn showed off more than expected at Toronto Fashion Week.

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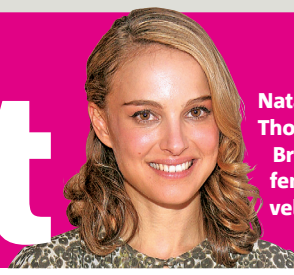
Ricci ready to marry

Christina Ricci is set to tie the knot. The actress recently became engaged to her boyfriend, actor Owen Benjamin, her rep confirmed to Us Weekly. Ricci and Benjamin have been dating publicly since November. **METRO WORLD NEWS**

Entertainment



Top choice

Natalie Portman is set to appear in Thor. She is director Kenneth Branagh's top choice to play the female lead in the upcoming Marvel blockbuster about the Norse warrior god. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

MSTRKRFT drops new beats

MSTRKRFT

Album: Fist of God
Label: Last Gang/Universal
Rating: ●●●

MSTRKRFT HAVE LEARNED a thing or two since they released their 2006 debut. Most importantly, the Toronto-based dance duo ditched their obnoxious vocodor in favour of guest artists including Ghostface Killah and John Legend. Thankfully, the group retained their synth-heavy club beats and hyperactive charm, but it's still not enough to transform these guys into world class DJs. The problem lies in precisely what makes them so interesting — nearly every song works well on its own, but about halfway through the disc the frenetic keys and blistering drums get repetitive. It's a decent listen, but they're not done learning yet.

Bryan Borzykowski/for Metro Canada

Attack **In Black**

Album: Years (by one thousand finger tips)
Label: Dinealone Records
Rating: ●●●

ATTACK IN BLACK'S Marriage was an album that deserved a lot more praise than it got. The Welland, Ont., band's brand of high energy guitar rock was perhaps too melodic, too catchy, to win the hearts of the in-crowd. Rightly or wrongly, Attack In Black has changed directions in its ambitious new 16-track CD, Years (by one thousand fingertips), sounding more like a Toronto alt-country band of poets than the little brothers of Alexisonfire. It's almost as if the band just discovered '70s-era Neil Young. (listen to the song Birmingham). Which, of course, is not a bad thing, especially if you have the chops to pull it off. Attack In Black definitely does. Hopefully, the band realizes that the "in-crowd" never really did matter.

Graham Rockingham/for Metro Canada

LAST GANG RECORDS PHOTO

Fist of God is the latest album from Toronto dance duo MSTRKRFT.

Music**Reviews**

music@metronews.ca

Bishop **Allen**

Album: GRRR...
Label: Dead Oceans
Rating: ●●●

IF TV AND movies have done anything lately, it's introduce the masses to great indie rock (Death Cab and OC, The Shins and Garden State). Will Brooklyn's Bishop Allen, who had a cameo in Nick & Norah's Infinite Playlist, find Hollywood-initiated success? Not if their third album is any indication. While it's a pleasant indie pop listen, it's not meaty enough to resonate in a major way. That said, fans of light, infectious choruses and easy-to-sing lyrics will want to give it a spin. It's a solid summer disc, but not much more than that.

Bryan Borzykowski/for Metro Canada

On the web

There's more online at metronews.ca/music:

- Read reviews of new music from Willie Nelson and Madeleine Peyroux
- Links to this week's reviewed music

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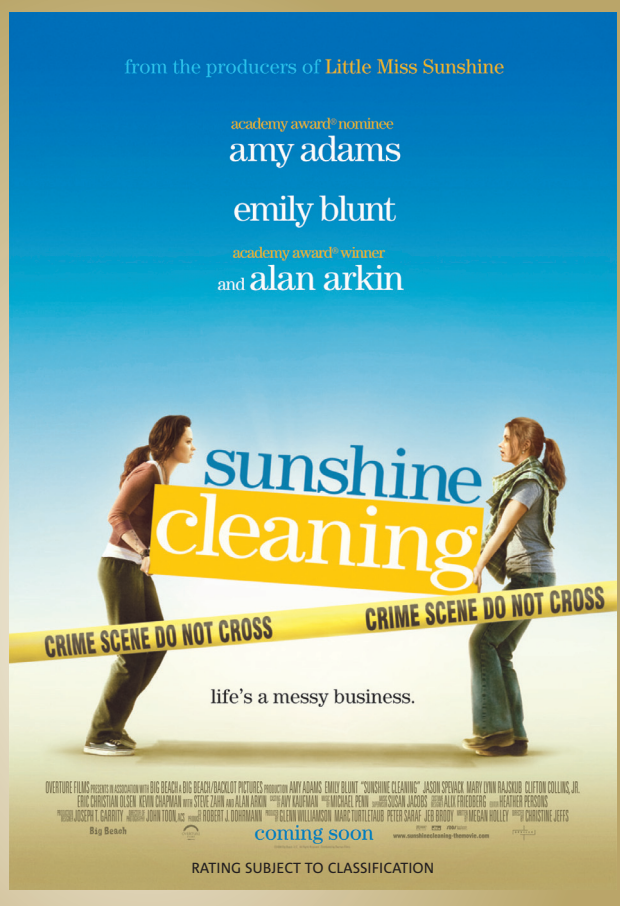

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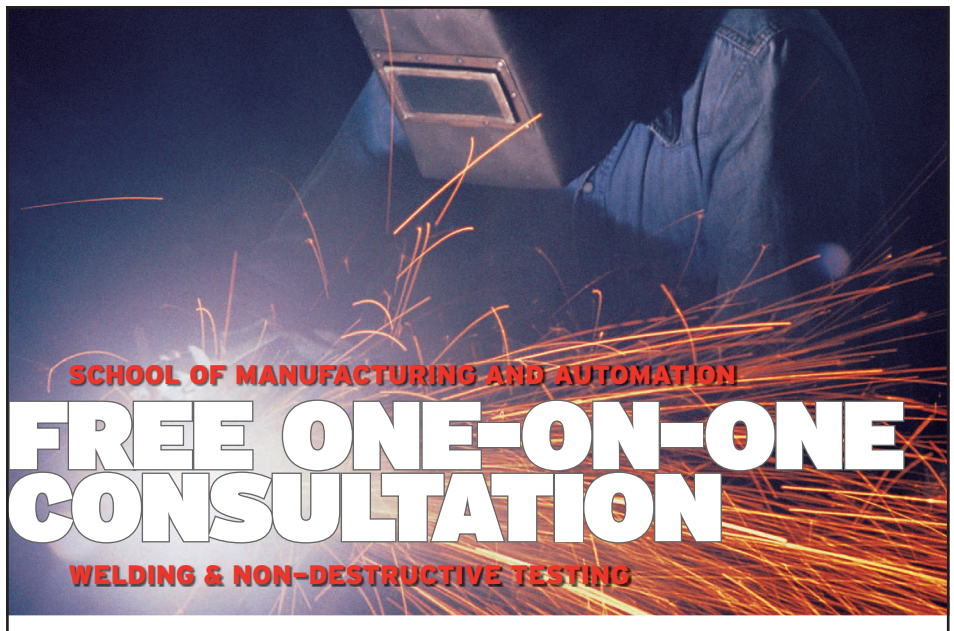

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Karine Vanasse stars in Polytechnique.

Delicate subject

Massacre's memories honoured

PHIL BROWN
for Metro Canada

Movie **feature**

The 1989 Montreal Massacre left an indelible scar on Canadian history that won't be vanishing from the national conscious anytime soon. When such an event touches a country so deeply, it's almost inevitable that a movie will be made about the subject.

It's all too rare for filmmakers to find a way to film a true tragedy that works as a piece of cinema while still honouring the memory of the victims. Fortunately, Denis Villeneuve's Polytechnique is one of those rare films.

The reason it works can be attributed directly to the fact that everyone involved was very sensitive about the delicate subject matter they were exploring and ensured they weren't exploiting it in any way. The attitude started with producer and star Karine Vanasse.

"I initiated the project about four years ago when I was 21 for many different reasons that were probably unconscious at first," Vanasse tells Metro. "The fact that I'm the same age as most of the girls who died that day probably brought my attention to the events.

"Then I also met some of the victims' family members and was asked to read a text at one of the Dec. 6 ceremonies. When I met them I realized that maybe there was a point of view of the tragedy that hadn't been told before: What the students had to go through on that day."

The film examines the events of the 1989 massacre through two students attending Montreal's École Polytechnique, where Marc Lepine openned fire on a classroom targetting female engineering students.

Vanasse quickly found support for the project, as well as a director who was perfect for the material.

"I proposed the film to producer Maxime Rémillard and he thought of Denis Villeneuve right away. Denis had been absent from feature films for many years … and we discovered that he wanted to wait until he had grown up a bit so that he could say something more with his films.

"I think it was the perfect time for him to take a delicate subject like this and try to give it his visual poetry while still saying something significant."

"The movie is not an easy one, but I don't think it's overwhelming. It's difficult to take in, but I think it leaves you with something quite positive."
Karine Vanasse, producer and star

Of course the challenge of finding a director was nothing compared to the challenge of approaching the survivors and victims' families. Fortunately, they seemed to recognize the filmmakers' intentions were pure.

"Nobody was opposed to the film. At a certain point some of them didn't want to continue talking about it, but for the most part the reactions were fairly amazing … We felt sort of a release when they saw (the) film. They felt that their story finally had been told, and at last, what they had to go through," says Vanasse.

Polytechnique might not offer the most pleasant viewing experience, but it's certainly a rewarding one.

"The movie is not an easy one, but I don't think it's overwhelming. It's difficult to take in, but I think it leaves you with something quite positive. People shouldn't be afraid of watching the film," Vanasse says.

Opens

- Polytechnique opens in Calgary this Friday.

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Natasha Richardson dies after ski accident

ACCIDENT Award-winning actress Natasha Richardson, a member of Britain's Redgrave acting dynasty, died yesterday at age 45 after a suffering a severe injury in a skiing accident in Quebec earlier this week.

Richardson had been hospitalized in New York since Tuesday, surrounded by her husband, actor Liam Neeson, her two sons Michael, 13, and Daniel Jack, 12, and members of her immediate family.

"Liam Neeson, his sons, and the entire family are shocked and devastated by the tragic death of their beloved Natasha. They are profoundly grateful for the support, love and prayers of everyone, and ask for privacy during this very difficult time," family spokesman Alan Nierob said in a statement.

Richardson followed her mother, Oscar winner Vanessa Redgrave, and her father, film director Tony Richardson, into a career on stage and screen in England and the U.S. She won Broadway's Tony Award for her role in the musical Cabaret.

JEFF ZELEVANSKY/REUTERS

Actress Natasha Richardson appears at a New York gala in this Jan. 31, 2008 file photo.

Richardson was injured on Monday when she fell during a private ski lesson at the Mont Trembant resort, about 120 kilometres north of Montreal.

A spokeswoman for the resort said she appeared to be in good condition after the fall but her instructor called a ski patrol to take her to the bottom of the hill. About an hour later, she complained of severe headaches and was admitted to a local medical facility before eventually being transferred to the Lenox Hill Hospital in New York.

Several media reports said she had suffered a severe head trauma, but that could not be immediately confirmed. Nierob's statement did not mention a cause of death.

Richardson was born in London in May 1963, and she trained at the city's prestigious Central School of Speech and Drama.

She was perhaps best known worldwide for film roles that included playing a young Lindsay Lohan's mother in the 1998 remake of The Parent Trap and for her role in the romantic comedy Maid in Manhattan.

Richardson's sister is the Nip/Tuck star Joely Richardson and she is the granddaughter of the late British actor Sir Michael Redgrave and the niece of actors Lynn and Corin Redgrave.

REUTERS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/19/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Wife Swap (N)		America's Next Top Model		Private Practice (N)		Primetime
	243	317 3 CFCN	etalk	Hollywood	ER "Shifting Equilibrium"		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Practice
	245	306 6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone (HDTV) (N)				CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Unit "Switchblade"		Bones (HDTV PA) (N)		The Office (N)	Kink in Hair	News Hour
	246	- 8 CKAL	Law & Order: SVU		Hell's Kitchen (PA) (N)		Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705 9 CBXFT	Virginie (SC)	Gala trille d'or			Enquête (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	Basketball	College Basketball NCAA Tournament First Round -- Teams TBA.					Hollywood	Paid Program	Paid Program
	-	374 14 KSPS	NewsHour With Jim Lehrer		Health Matters, TV for Life		New Tricks		MI-5		Soundstage
	502	390 15 CBC	CBC News: The National		Geologic Journey		CBC News: The National		CBC News: The National		Geo. Journey
	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	The Office	The Office (N)	30 Rock	ER (N)
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Hell's Kitchen (PA) (N)		News (N)
	297	652 37 WPIX	Supernatural (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
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sports	400	400 21 TSN	NBA Basketball: Trail Blazers at Cavaliers			SportsCentre (HDTV) (Live)			Motoring 2009	Motorcycle	Poker
	408	418 27 net	NHL Hockey Edmonton Oilers at Colorado Avalanche. (Live)					Sportsnet Con.	Sportsnet Connected		Oilers in Hour
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	417	406 48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)		American Le Mans Preview		Project LMP1: Acura		Bullrun (HDTV)
family	552	543 20 YTV	March Break	March Break	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541 39 FAM	Han. Montana	Sonny Chance	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	*Ben 10: Secret*	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*Futurama: Beast*	
cable variety	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	My Fabulous Gay Wedding		Name Is Earl	Kath & Kim	ReGenesis		News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560 24 TLC	Street Customs (N)		Heli-Loggers (HDTV) (N)		Street Customs (HDTV)		Heli-Loggers (HDTV)		Overhaulin'
	603	561 25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge		Unwrapped
	615	520 26 A&E	The First 48 (HDTV) (N)		The Beast "The Walk In"		The Beast "The Walk In"		The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Crank*
	601	562 33 SLICE	X-Weighted Dancer.		X-Weighted "Kristi"		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	*Delta Force*	(7:25) *When the Bullet Hits the Bone* (1996)			*Hard to Kill* ★★ (1990, Action) Steven Seagal.			(10:35) *Out for Justice* ★★	
	520	505 35 DISC	Raging Nature		MythBusters		Daily Planet		Deadliest Catch		Raging Nature
	620	523 36 BRAVO	*Know Your Mushrooms* (2008, Documentary)			Manitowapow	Law & Order "Genius"		Without a Trace		*When Trumpet*
	294	650 40 WPCH	Friends	Friends	*'Crocodile' Dundee* ★★★ (1986, Comedy) Paul Hogan.				Family Guy	Family Guy	Seinfeld
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539 42 TCM	(6) *Drums* (1938, Adventure)		*Jungle Book* ★★★ (1942, Fantasy) Sabu, John Qualen.				*The Four Feathers* ★★★★ (1939, Adventure)		
	628	584 43 SPIKE	TNA iMPACT! (HDTV) (N)				Ways to Die	Ways to Die	MANswers	MANswers	Married... With
	522	516 45 HIST	Go Deep "Ice Wreck"		NCIS "Vanished"		Ancient Disc.		Go Deep "Ice Wreck"		NCIS
	627	528 46 SPACE	Ghost Hunters		Chuck (HDTV)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *Road House* ★★ (1989, Action)			*An Officer and a Gentleman* ★★★ (1982, Drama) (HDTV) Richard Gere, Debra Winger.					
	619	525 49 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood (DVS)		Seinfeld	Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507 92 VIVA	Most Haunted Boys Hall.		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350 93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Luna: Spirit of the Whale* (2007, Docudrama) Adam Beach.				MYTV
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581 100 MMM	RuPaul's Drag Race		RuPaul's Drag Race		Listed (Part 1 of 2)		Party of Five		RuPaul's Drag
	570	580 101 MM	Springbreak.09		disBand	disBand	Video on Trial	Video on Trial	Springbreak.09		Video on Trial
	581	566 102 MTV	Making the Band 4 (N)		Taking the Stage (N)		MTV Live	After	Making the Band 4		Taking, Stage

critics' corner

Know Your Mushrooms
Ron Mann ("Grass," "Tales of the Rat Fink") applies his cheeky filmmaking style to the fungus among us with this documentary, which is packed full of fun facts about mushrooms — from the mundane to the magic kind — and the people who love them. Centered around an annual festival of fungi in Colorado, it introduces such colorful figures as Larry Evans, the "Indiana Jones of mushrooms." 7 PM on BRAVO

NBA Basketball
A clash of two playoff-bound teams is on tap tonight in Cleveland as LeBron James and the Cavaliers play host to Brandon Roy and the Portland Trail Blazers. The Cavs, at this writing the top team in the East, hope to duplicate the success they had in January against the Blazers, the West's No. 5 team, when King James poured in 34 points and dished out 14 assists in Cleveland's 104-98 victory in Portland. 6 PM on TSN

Marvel inks deal for online games

GAMING Marvel Entertainment and Gazillion Entertainment have struck a licensing deal to develop massively multiplayer online games based on Marvel characters. The first game in development is a casual MMO title for younger audiences based on Marvel's Super Hero Squad property.

Lucas moves into Melrose Place

TELEVISION Cloverfield star Jessica Lucas has landed a lead role on the CW's new Melrose Place. She will play Melrose Place resident Riley Richmond, a wealthy and beautiful 24-year-old who works as an inner-city elementary school teacher engaged to Jonah (Michael Rady).

Salma in talks for Sandler comedy

FILM Salma Hayek is in negotiations to play Adam Sandler's wife on the big screen. The untitled Columbia Pictures comedy also stars Kevin James, Chris Rock, Rob Schneider and David Spade in a story of five best friends from high school who reunite over a holiday weekend.

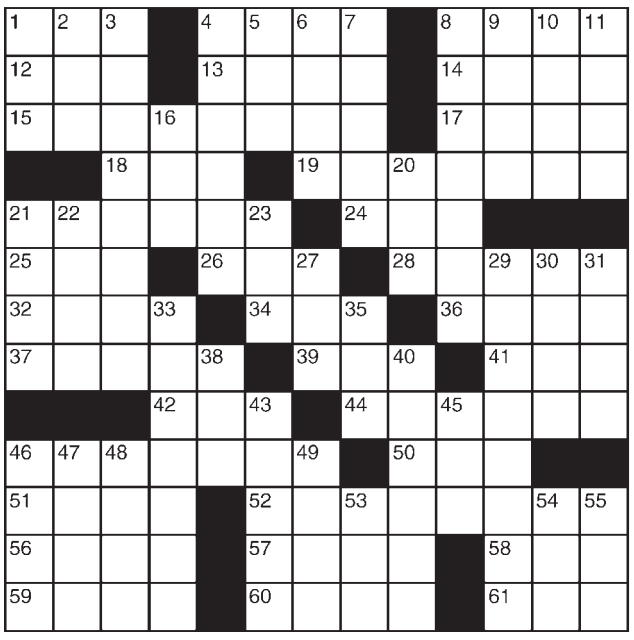
REUTERS

Today Some clouds 7 C / -4 C
Friday Some clouds 8 C / -3 C
Saturday Light flurries 5 C / -3 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Existed
4 A bit of a shock
8 Talon
12 Inventor Whitney
13 Do as you're told
14 Timber wolf
15 Crony
17 Oft-dunked treat
18 Preceding
19 Actress' cameo role, maybe
21 Poltroon
24 Seek restitution
25 Oklahoma city
26 Round Table address
28 Cunning
32 Wire measures
34 Sailor
36 Baby carriage
37 Tea type
39 Rose, at first
41 Eggs (Pref.)
42 Started
44 Cue
46 Piano note
50 Greek consonants
51 Pennsylvania port
52 Civil War general Ambrose
56 Teri of "Tootsie"
57 Verifiable
58 Pooch
59 Picnic invaders
60 Palmist, e.g.
61 Green, in a sense

Crossword down

1 Film director Craven
2 "The Greatest"
3 Pavement
4 Wags
5 Sapporo sash
6 Walesa of Poland
7 Youngsters
8 Seal
9 Traditional tales
10 First victim
11 58-Across' comment
16 Historic time
20 Bad hairpiece
21 Too theatrical
22 Garfield's pal
23 Investigate
27 Plagiarize
29 Burr role
30 Stromboli spillage
31 Jannings of silents
33 Joins with a lead-tin alloy
35 Clear the tables
38 Conger, for one
40 Word with jacket or theatre
43 Liabilities
45 Astronaut Grissom
46 Huge, in ads
47 Persia, now
48 Gossip
49 Remedy
53 Regret
54 "What's up, —?"
55 Swelled head

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1			9		3	2	
	3			1	5		6	
	8	4	3			5		
1	4			5				
5	7		4		9		8	1
				3			7	5
		1			2	9	3	
	2		5	8			4	
	6	7		4			5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

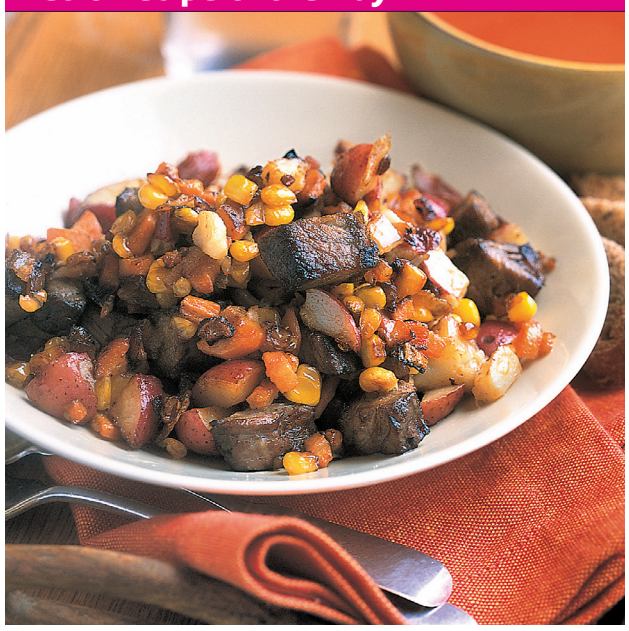
A	I	D	■	G	U	A	M	■	T	A	F	T
P	S	I	■	U	R	G	E	■	O	G	R	E
E	L	S	■	F	L	E	E	T	W	O	O	D
D	E	C	A	F	■	■	K	I	N	■	■	■
■	■	■	F	A	R	R	■	P	I	V	O	T
S	H	E	R	W	O	O	D	■	E	I	R	E
H	E	X	■	S	U	M	O	S	■	N	E	E
A	R	A	B	■	E	A	S	T	W	O	O	D
D	E	M	O	N	■	N	E	A	R	■	■	■
■	■	■	W	A	S	■	■	R	Y	D	E	R
H	O	L	L	Y	W	O	O	D	■	E	A	U
E	R	I	E	■	A	R	N	O	■	A	S	S
N	E	E	D	■	P	O	E	M	■	L	E	T

5	9	6	1	4	2	3	7	8
1	7	8	5	6	3	4	2	9
2	4	3	8	9	7	5	1	6
6	5	9	2	3	4	1	8	7
4	8	2	6	7	1	9	3	5
7	3	1	9	8	5	6	4	2
3	2	5	7	1	9	8	6	4
9	6	4	3	2	8	7	5	1
8	1	7	4	5	6	2	9	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Roast Beef Hash

INGREDIENTS:
1 lb (500 g) small red-skinned potatoes, cut into 1/4-in. (0.5 –cm) dice
2 carrots, quartered lengthwise and thinly sliced
1 tbsp (15 ml) plus 2 tsp (10 ml) olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 1/4 cups (300 ml) frozen corn
3/4 tsp (4 ml) salt
1/4 tsp (6 ml) black pepper
6 oz (175 g) cooked roast beef, cut into 1/3-in. (1-cm) dice

METHOD:
1. Cook potatoes in medium pot of boiling water until almost tender, about 6 minutes. Add carrots and cook 2 minutes longer. Drain.
2. Spray large nonstick skillet with nonstick cooking spray. Add 1 tbsp (15 ml) oil and heat over medium-low heat. Add onion and garlic to skillet and cook, stirring frequently, until onion is golden brown, about 7 minutes.
3. Increase heat to medium-high. Add remaining 2 tsp (10 ml) oil. Add potatoes and carrots, corn, salt and black pepper. Cook, stirring occasionally, until mixture starts to form a crust, about 10 minutes.
4. Stir in beef and press down on mixture to help form a crust. Cook until crusty on bottom, about 5 minutes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You've made an error in judgment. An executive doesn't speak your language. An odd couple talks about changing the world.

TAURUS
APRIL 21-MAY 21
Keep track of an amusing competition. Money can be earned the easy way. Make a grab at a big and risky chance.

GEMINI
MAY 22-JUNE 21
Cheer up by discussing the dating game. Remarkable pleasure creates a wild diversion. A flaky parent stumbles onto a solution.

CANCER
JUNE 22-JULY 22
A conversation eases the pain of unrequited love. An uncommon man shifts gears while debating. You will accomplish great things.

LEO
JULY 23-AUG 23
A prudish woman questions your preferences. A nearby object has a strange effect. A guilty person needs medical attention.

VIRGO
AUG 24-SEPT 22
A project is suspended by a worried person. The wrong guy is asked to make a job change. More adventures are coming soon.

LIBRA
SEPT 23-OCT 23
Spiteful feelings make for an uncomfortable meeting. Your strategy is a controversial topic. Controlling your feelings leads to wonderful news.

SCORPIO
OCT 24-NOV 22
A man has a chip on his shoulder. A friend faces a long-awaited response. Some errors are made in good faith.

SAGITTARIUS
NOV 23-DEC 21
A loved one's exhaustion will lift. A walk will do wonders for a caring person. Having second thoughts promises a fresh start.

CAPRICORN
DEC 22-JAN 20
The arrival of a risk-taking friend causes confusion. Whiny people will avoid doing chores. Helping someone out will bring you a windfall.

AQUARIUS
JAN 21-FEB 18
Exhilarating prospects are notable for their thrills. An angry man is forced to have some fun. Some secrets are revealed due to a scandal.

PISCES
FEB 19-MARCH 20
A man talks of a viable scheme. You'll get frustrated while on the phone. Be yielding but keep your mind clear.

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Lucky Lange

Jessica Lange was extremely lucky yesterday after taking a fall at her Minnesota cabin. Family sources tell TMZ the actress grabbed for a railing that was not secure, and fell over breaking her shoulder and collarbone and dislocating her arm. METRO NEWS SERVICES

Celebrity Buzz

Skin caught in between?
No worries Bioré® Skincare has your fix.

Charitable Britney fears death threats

PEOPLE Britney Spears — who performs her second show in Toronto tonight — is planning to visit sick children when her tour comes to London, England, in June, femalefirst.co.uk reports.

The singer was so moved by her visit to Miami Children's Hospital earlier this month she has decided to repeat the experience at Britain's Great Ormond Street hospital.

A source said: "She would really like to do this. In Miami she met up with 40 kids and posed for pictures with them.

"She found it really moving that just a couple of minutes with the children could mean so much to them."

The 27-year-old star is due to bring her Circus tour — which kicked off in New Orleans two weeks ago — to London's O2 arena in two months, but is already threatening to cancel her remaining shows after receiving death threats.

The website says Spears is reportedly worried the lives of her sons Sean Preston, three, and Jayden James, two, could be in danger following the menacing messages.

A source said: "Britney received some anonymous death threats over the phone and in the mail, and her worst fear is a kidnap plot against Sean or Jayden. She's been having terrible nightmares ever since then and she wakes up in the middle of the night crying out for her boys.

"She told her head of security and he thinks it's a lone stalker. Her paranoia has reached fever pitch and she's wracked with fear," femalefirst.co.uk quotes the source as saying.

METRO NEWS SERVICES

GETTY IMAGES

Sarah goes psychic?

PEOPLE Sarah Jessica Parker hopes visits to a psychic will improve her marriage, according to Grazia magazine.

The Sex and the City star has reportedly been shelling out $105 per visit to Psychic Serena to heal the bond with husband Matthew Broderick after claims he was unfaithful.

"It's all about working on their positive energy as a couple and making the right decisions based on what Serena advises," a source says.

But it looks like Broderick isn't exactly on the same page. "Sarah Jessica is open-minded about seeing a psychic, but she doesn't take Matthew along with her. He just doesn't seem to take it seriously."

METRO WORLD NEWS

Jacko set for world tour?

CAREER After all 50 of his scheduled London shows this summer exceeded expectations and sold out in a matter of hours, Michael Jackson is reportedly considering expanding his farewell foray.

The former King of Pop is expected to announce similar long-stay engagements in New York and Los Angeles, according to Perez Hilton, and may even embark on a world tour.

METRO WORLD NEWS

Emily's on-screen double timing

CAREER Emily Blunt found it "strange" kissing Tom Hanks and his son, femalefirst.co.uk reports.

The actress shared a love scene with the elder Hanks in Charlie Wilson's War and also kissed his son, Colin, in The Great Buck Howard.

"I was before dad," Colin said. "Without sounding chauvinistic and possessive of her — I had her first ... Emily did say … 'It's very strange to kiss both the son and the father.'"

METRO NEWS SERVICES

Katy loves Queen ... a lot

PEOPLE Katy Perry wants a tattoo of Freddie Mercury's face, femalefirst.co.uk reports.

The I Kissed a Girl singer wants to pay homage to the late Queen frontman by getting a giant design of his head inked on her back.

She said: "I nearly got a huge tattoo of Freddie Mercury's face on my back a few years ago. It's probably for the best that I didn't get it done, but I still want to do it."

The 24-year-old singer has previously named the eccentric star as her musical idol because of his flamboyant personality.

She explained: "Freddie Mercury was — and remains — my biggest influence. The combination of his sarcastic approach to writing lyrics and his 'I don't give a f—' attitude really inspired my music."

METRO NEWS SERVICES

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Big Sheen sisters
Charlie Sheen and wife Brooke Mueller welcomed twins Max and Bob on March 14, but the proud parents aren't the only ones jumping for joy: Sheen and ex Denise Richards' daughters Sam, five, and Lola, three, are excited to be big sisters. METRO NEWS SERVICES

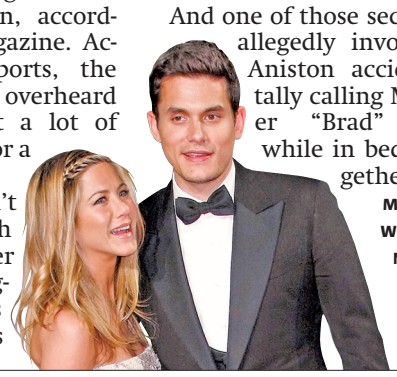
Celebrity Buzz

John planning tell-all?

RUMOUR John Mayer is considering dishing dirt now that he's split again from Jennifer Aniston, according to Star magazine. According to reports, the singer has been overheard saying he's got a lot of great material for a tell-all book.

"John just can't keep his mouth shut," a Mayer pal tells the magazine. "He's telling friends that he's thinking of going public with all their juicy secrets."

And one of those secrets allegedly involves Aniston accidentally calling Mayer "Brad" — while in bed together.



METRO WORLD NEWS

Guy on the rebound?

RUMOUR This is one way to move on. Recently divorced Guy Ritchie was spotted having dinner in London earlier this week with Elle Macpherson. The reportedly enjoyed each other's company at the Knotting Hill Brasserie, staying until after midnight. They then left separately to avoid being photographed together, according to just jared.com.

METRO WORLD NEWS

LeAnn's secret affair?

RUMOUR LeAnn Rimes is reportedly having an affair with Eddie Cibrian, alleges female-first.co.uk

The website reports the 26-year-old star — who married her former backing dancer Dean Sheremet in 2002 — has been spotted kissing her married co-star after getting close to him on the set of TV movie Northern Lights, according to Us Weekly magazine.

Security camera footage from Laguna Beach hotspots Mosun and Club M shows the two holding hands and kissing on a romantic dinner date. The couple also reportedly met for a three-hour tryst at the Malibu Beach Inn on March 14, the website also alleges.

Cibrian — who has recently appeared in the shows Ugly Betty and Samantha Who? — married model Brandi Glanville in 2001 and the couple have two young sons, aged five and 23 months.

METRO NEWS SERVICES

Welcome to marriage: Jon to Vince

ADVICE Vince Vaughn, let your pal Jon Favreau be the first one to welcome you to the "day shift," people.com is suggesting.

Favreau, who has been married with children for a number of years, talked to People about his friend and costar's recent engagement at the L.A. premiere of I Love You, Man, and what that means for Vaughn's lifestyle.

"Vince has been single for a number of years and we've been on different schedules," Favreau said. "He was sort of on the night shift; I was on the day shift, living on opposite ends of town."

And, he admits, as he settled down, "town" got smaller. "My trick really so far has been to work in town. I won't work on movies that as a director take me out of town.

"I like to be in California so I can be involved with my kids' school life, their personal life and be a dad and a husband," he said. "And that helps balance out the crazy hours and bigger than life career that I'm lucky to have."

As for his own history with Vaughn — the 38-year-old ladies' man who is finally settling down himself with Albertan Kyla Weber — the guy friends have come full circle, it seems.

"It was nice to work with him on Couples Retreat, and that movie is about couples, and it was interesting to explore that with him after our first experience with Swingers. And that was about being single. So, I think as our lives change, the subject matter of our movies change too, reflecting our lives," Favreau said.

He added: "I wish Vince the best. He's always been a smart guy. He's always been decisive at everything he does in his life and his career. I'm always impressed with his choices and the way that he goes about things."

METRO NEWS SERVICES

Anna's funny life philosophy

PEOPLE Anna Faris has the perfect solution for dealing with challenging situations: Find the humour in everything, people.com reports.

"I'm embarrassed on almost a daily basis," Faris, 32, tells Self magazine for its April issue. "You sort of have to suck it up sometimes."

Take, for instance, when fans approach The House Bunny star. Often, she says, the conversations are less than tactful.

"They say stuff like, 'You're so much shorter in person,'" Faris says. "Or 'Oh, my god, you look just like that girl, but you are a lot prettier than she is.'

"You have to grin and bear it," Faris says. "I might say in return, 'I know I looked skinnier in The House Bunny, but thanks to my diet of beer and doughnuts, I'm back to my fightin' weight!'"

The funny actress says she developed her sense of humour over the years after being raised in a strict environment with conservative parents.

"Anything with a V-neck was forbidden," she says of her regimented childhood.

In fact, Faris still strives for her parents' approval. "Even though I'm now in my 30s, I still have my parents sort of haunting me to 'act appropriate' and 'have good manners,'" she says, noting that she's found a way to deal with the issue. "I buy my mom off," Faris jokes. "With the Scary Movies, I started giving her Louis Vuitton handbags. "Now she wants a villa in Tuscany," she says. "I've created a monster!"

METRO NEWS SERVICES

Timberlake Tequila on way

CAREER Looks like Justin Timberlake is exploring yet another profession.

The singer, actor, restaurant investor and clothing designer is reportedly interested in getting into the tequila business, according to Page Six. Timberlake recently stopped by a Mexican distillery, where he was caught on video sampling the goods.

"This was one of his many meetings over the last two years in development of his tequila business," his rep tells the newspaper.

METRO WORLD NEWS

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